



These activities offered by the Metro Parks Outdoor Recreation Program are ideal for beginners and families. Some activities may charge a small fee, and advance registration is required.

Activities are offered throughout the year at various park locations across the city.

Metro Parks Outdoor Recreation Program

Bells Bend Outdoor Center 4187 old Hickory Blvd.

Nashville, Tn. 37218

Phone: 615-642-9745 email: jonathan.dodson@nashville.gov

website: <https://www.nashville.gov/Parks-and-Recreation/Outdoor-Recreation.aspx>



Outdoor Nashville Spring 2022 Programs

During the COVID-19 pandemic, please remember to socially distance from program leaders and other participants. Pre-registration is currently required for all programs, so please Email jon.dodson@nashville.gov to make sure there is a spot available to you.

**Backpacking series
for Beginners.
4 part series.
Bells Bend Outdoor
Center**

Fri.&Sat. Mar. 11 & 12
11:00am-3:00pm
Age level: 13+
Email to register:
jon.dodson@nashville.gov

This is the final part of the series. Those that have been to the first 3 will do an overnight backpacking trip. We will offer this again in the winter of next year. Keep an eye out.
Instructor: Jon Dodson

**Friends of Shelby
Park Open House**

Saturday, Mar. 26
10:00am-2:00pm
Age level: all
Email to register:
jon.dodson@nashville.gov

Come join us at Shelby Park Community Center where the Friends of Shelby Park will host their open house. There will be lots of people and information to better acquaint you to what is going on in one of our beautiful parks.

**Nashville Outdoor
Recreation Festival &
Expo**

Saturday, April 9
9:00am-3:30pm
Age level: All
Bells Bend O.C.

We are having our annual Outdoor Expo after missing the last couple of years. There will be many activities to try something new. As well as vendors with booths with all kinds of outdoor related info. If you are new to outdoor recreation or an old schooler you will find something of interest.
Instructor: Jon Dodson

**Beginners Mtn. Bike
Ride
Bells Bend Outdoor
Center**

Friday, April 22
4:00pm-6:00pm
Age level: 8+
Email to register:
jon.dodson@nashville.gov

We will provide bikes and helmets, you provide the legs. We'll go over proper bike fit, safety, and instruction on riding bike trails on an easy/moderate trail system.
Instructor: Jon Dodson

**Stones River
Kayak**

Saturday, May 14th
10:00am-2:00pm
Age level: 13+
Email to register:

This will be a 2-3 hour paddle on the Stones River. We will provide kayaks and gear. We will start at The Kohl's Lot and go to Heartland Park. You will have to provide your own shuttle. Instructor: Jon Dodson



For assistance or accommodation, please contact the Bells Bend Outdoor Center, 615-862-4187.

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Evening Paddle at the Lake

Friday, May 20
5:00pm-7:00pm
Age level: 8+
Email to register:
jon.dodson@nashville.gov
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Finish off the week with a relaxing kayak paddle on the lake. Kayaks, PFD's and paddles provided. This is a beginner-friendly paddle.
Instructor: Jon Dodson



Please email jon.dodson@nashville.gov to register:
Check out programs at other Metro Parks Nature Centers, too.

For Safety and Security Needs Contact:

Non life-threatening emergencies: 615-862-8600 Life-threatening Emergencies: 911

